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disfigured from the practice. Adults will chew as many as four or five betel-nuts a day, with the usual accompaniment of *pán* leaves. The estimated cost of maintaining an average family of the labouring class is about Rs. 8 or 16s. a month.

TOWNS: SHILLONG.—There are no towns in the usual acceptance of the word; but the chief places in the Hills, looked upon by the inhabitants as cities, are Shillong, Jowái, Cherrá Púnjí, and Shellá. According to the Census of 1872, Shillong had only 1363 inhabitants, Cherrá Púnjí 443, and Jowái 4502. Jowái, however, is a collection of rural hamlets, and the population of Shillong has entirely altered since the date of the Census. The latter place first became the Civil Station in 1864, in substitution for Cherrá Púnji; and when Assam was erected into an independent Province in 1874, it was selected as the permanent seat of the Local Government. The Chief-Commissioner resides there, and also the heads of all departments in the Administration. The area of the Station is 7 miles in length by 1½ to 1¾ miles in breadth. A considerable native population is already settled, and is increasing from day to day. One of the largest weekly markets is held in the *bázár*; and with a view to facilitate access to the Station, which is the sanitarium for the Province of Assam, a cart road has recently been completed to Gauhátí on the Brahmaputra, which will tend to make the place more and more important. An excellent water supply is introduced into Shillong through an aqueduct which has its source in the neighbouring hill streams, and sanitary measures are carefully enforced. Large sums of money have annually been expended on the erection of the public buildings necessary for the offices of the administration. A printing-press has been established, from which issue all the official documents and reports of the Province. The climate is excellent, the temperature being more equable than that of any other hill station in India, and therefore admirably suited to the constitution of Europeans. There is a church at Shillong, and a chaplain on the Bengal establishment officiates both there and at Gauhátí. The cantonments were occupied in 1875 by the 43d Regiment of Assam Light Infantry, with three outposts. The strength was 9 European officers, 16 native commissioned officers, 80 non-commissioned officers, 772 fighting men, and 58 paid camp followers and non-combatants; grand total, 935. The total cost, including contingencies, was Rs. 189,190, or £18,919.